



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19080, Candies, semisweet chocolate

Report Date: June 26, 2017 16:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 3.4 Fat Factor: 8.5 Protein Factor:1.83 Nitrogen to Protein Conversion Factor:5.63

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 14.5g	1 cup large chips 182g	1 cup mini chips 173g	1 oz (approx 60 pcs) 28.35g	1 cup chips (6 oz package) 168g
Proximates									
Water	g	0.70	8	0.062	0.10	1.27	1.21	0.20	1.18
Energy	kcal	480	--	--	70	874	830	136	806
Energy	kJ	2008	--	--	291	3655	3474	569	3373
Protein	g	4.20	5	0.089	0.61	7.64	7.27	1.19	7.06
Total lipid (fat)	g	30.00	9	0.743	4.35	54.60	51.90	8.51	50.40
Ash	g	1.20	7	0.050	0.17	2.18	2.08	0.34	2.02
Carbohydrate, by difference	g	63.90	--	--	9.27	116.30	110.55	18.12	107.35
Fiber, total dietary	g	5.9	2	--	0.9	10.7	10.2	1.7	9.9
Sugars, total ¹	g	54.50	4	1.386	7.90	99.19	94.28	15.45	91.56
Minerals									
Calcium, Ca	mg	32	3	1.430	5	58	55	9	54
Iron, Fe	mg	3.13	5	0.283	0.45	5.70	5.41	0.89	5.26
Magnesium, Mg	mg	115	2	--	17	209	199	33	193
Phosphorus, P	mg	132	2	--	19	240	228	37	222
Potassium, K	mg	365	6	17.035	53	664	631	103	613
Sodium, Na	mg	11	6	3.440	2	20	19	3	18
Zinc, Zn	mg	1.62	3	0.057	0.23	2.95	2.80	0.46	2.72
Copper, Cu	mg	0.700	1	--	0.101	1.274	1.211	0.198	1.176
Manganese, Mn	mg	0.800	1	--	0.116	1.456	1.384	0.227	1.344
Selenium, Se	µg	4.2	--	--	0.6	7.6	7.3	1.2	7.1
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.055	2	--	0.008	0.100	0.095	0.016	0.092
Riboflavin	mg	0.090	2	--	0.013	0.164	0.156	0.026	0.151
Niacin	mg	0.427	4	0.049	0.062	0.777	0.739	0.121	0.717
Pantothenic acid	mg	0.105	1	--	0.015	0.191	0.182	0.030	0.176
Vitamin B-6	mg	0.035	1	--	0.005	0.064	0.061	0.010	0.059
Folate, total	µg	13	--	--	2	24	22	4	22
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	13	--	--	2	24	22	4	22
Folate, DFE	µg	13	--	--	2	24	22	4	22
Choline, total	mg	22.0	--	--	3.2	40.0	38.1	6.2	37.0
Vitamin B-12	µg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta	µg	0	--	--	0	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0	0	0
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	18	--	--	3	33	31	5	30
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.04	0.47	0.45	0.07	0.44
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0
Vitamin K (phylloquinone)	µg	5.6	--	--	0.8	10.2	9.7	1.6	9.4
Lipids									
Fatty acids, total saturated	g	17.750	--	--	2.574	32.305	30.707	5.032	29.820
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
13:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 14.5g	1 cup large chips 182g	1 cup mini chips 173g	1 oz (approx 60 pcs) 28.35g	1 cup chips (6 oz package) 168g
14:0	g	0.020	--	--	0.003	0.036	0.035	0.006	0.034
15:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
16:0	g	7.347	--	--	1.065	13.372	12.710	2.083	12.343
17:0	g	0.048	--	--	0.007	0.087	0.083	0.014	0.081
18:0	g	10.007	--	--	1.451	18.213	17.312	2.837	16.812
20:0	g	0.267	--	--	0.039	0.486	0.462	0.076	0.449
22:0	g	0.024	--	--	0.003	0.044	0.042	0.007	0.040
24:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	9.966	--	--	1.445	18.138	17.241	2.825	16.743
14:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
15:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated	g	0.062	--	--	0.009	0.113	0.107	0.018	0.104
17:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	9.904	--	--	1.436	18.025	17.134	2.808	16.639
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.966	--	--	0.140	1.758	1.671	0.274	1.623
18:2 undifferentiated	g	0.898	--	--	0.130	1.634	1.554	0.255	1.509
18:3 undifferentiated	g	0.068	--	--	0.010	0.124	0.118	0.019	0.114
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0
Amino Acids									
Tryptophan	g	0.063	--	--	0.009	0.115	0.109	0.018	0.106
Threonine	g	0.168	--	--	0.024	0.306	0.291	0.048	0.282
Isoleucine	g	0.164	--	--	0.024	0.298	0.284	0.046	0.276
Leucine	g	0.257	--	--	0.037	0.468	0.445	0.073	0.432

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Lysine	g	0.212	--	--	0.031	0.386	0.367	0.060	0.356
Methionine	g	0.044	--	--	0.006	0.080	0.076	0.012	0.074
Cystine	g	0.052	--	--	0.008	0.095	0.090	0.015	0.087
Phenylalanine	g	0.204	--	--	0.030	0.371	0.353	0.058	0.343
Tyrosine	g	0.159	--	--	0.023	0.289	0.275	0.045	0.267
Valine	g	0.254	--	--	0.037	0.462	0.439	0.072	0.427
Arginine	g	0.240	--	--	0.035	0.437	0.415	0.068	0.403
Histidine	g	0.073	--	--	0.011	0.133	0.126	0.021	0.123
Alanine	g	0.196	--	--	0.028	0.357	0.339	0.056	0.329
Aspartic acid	g	0.422	--	--	0.061	0.768	0.730	0.120	0.709
Glutamic acid	g	0.637	--	--	0.092	1.159	1.102	0.181	1.070
Glycine	g	0.190	--	--	0.028	0.346	0.329	0.054	0.319
Proline	g	0.181	--	--	0.026	0.329	0.313	0.051	0.304
Serine	g	0.183	--	--	0.027	0.333	0.317	0.052	0.307
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	62	6	3.923	9	113	107	18	104
Theobromine	mg	486	7	40.814	70	885	841	138	816

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Study on Labeling, 1996